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Always Having Someone to Be There

Marcel Ray Duriez 6 min read · Jan 23, 2026

Always having someone to be there,
Someone who is always going to care,
Someone who will listen when you're afraid,
And hold your hand when your courage starts to fade.
Someone to walk with you through the night,
To remind your heart you'll be alright,
Someone who shows you the way to see,
That healing begins when you don't flee.
Someone to teach you how to hope again,
To believe in tomorrow, not just "now" and "then,"
Someone to say, "You don't stand alone,"
This road is not meant to be walked on your own.
In sisterhood we find our grace,
A safe, kind, understanding place,
Where broken hearts can learn to mend,

And strangers slowly turn to friends.
So if tonight you're tired or scared,
Remember this truth we all have shared:
There's always someone, gentle and true,
Walking this journey right next to you.

Recovery is not a straight road. It is a journey made of small steps, quiet courage, and the willingness to keep going even when the heart feels tired. Some days we walk with confidence, and other days we simply hold on. But every step forward, no matter how small, is a victory worth honoring.

There was a time when many of us believed we had to face life alone. We thought strength meant silence, that asking for help was weakness. Recovery teaches us something different. It shows us that real strength is found in connection, in honesty, and in the courage to let someone walk beside us.

Healing begins the moment we allow ourselves to be seen. When we share our stories, our fears, and our hopes, something powerful happens. The weight we have been carrying grows lighter. We realize that we are not broken beyond repair, and we are not the only ones who have felt this way. In the presence of understanding hearts, shame begins to lose its grip.

Recovery is learning to trust again—not all at once, but slowly, gently. It is learning to believe that tomorrow can be better than yesterday. It is choosing hope even when the past still whispers doubts. Along this path, we discover that we are stronger than we ever imagined.

One of the greatest gifts of recovery is community. In the support of others, we find mirrors of our own resilience. We learn how to listen, how to forgive, and how to offer compassion not only to others, but to ourselves. Together, we learn that healing does not happen in isolation.

There will be challenges. There will be moments of fear, grief, and uncertainty. But recovery reminds us that setbacks do not erase progress, and struggles do not cancel growth. Every day we choose to keep going, we are building a life rooted in honesty, dignity, and peace.

Recovery is not just about leaving something behind. It is about becoming someone new—someone who believes in their worth, who honors their journey, and who dares to hope again. It is about discovering that no matter how far we have fallen, there is always a way forward.
And most of all, recovery teaches us this simple truth: we were never meant to walk this road alone.

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Absolutely, Marcel. Here are 100 open-ended discussion questions centered on Recovery, Sisterhood, Support, and Learning to Depend on One Another—perfect for meetings, groups, or journaling. They're gentle, thoughtful, and designed to invite honest sharing and connection.

🌱 Recovery & Personal Growth

What does recovery mean to you today?
How has your idea of healing changed over time?
What has been one of your biggest lessons in recovery?
What keeps you coming back to recovery spaces?
How do you remind yourself that progress matters, even when it's slow?
What does hope look like in your life right now?
How do you take care of yourself emotionally?
What helps you stay grounded on difficult days?
What motivates you to keep choosing recovery?
What are you most proud of in your recovery journey?

💜 Trust & Learning to Depend on Others

Why is it sometimes hard to ask for help?
Who was the first person you learned to trust in recovery?

What fears come up when you think about depending on someone else?
How do you know when someone is safe to open up to?
What does healthy support look like to you?
How has learning to accept help changed you?
What has recovery taught you about vulnerability?
How do you balance independence with connection?
What makes you feel supported by others?
How do you show trust in your relationships?

🌸 Sisterhood & Community

What does sisterhood mean to you in recovery?
How have other women influenced your healing?
What qualities do you value most in recovery sisters?
How does being part of a community help you heal?
What makes a group feel safe and welcoming to you?
How can women support each other better in recovery?
What has surprised you about relationships in recovery?
How do you build connection with new people?
What role does kindness play in your recovery?
How has sisterhood helped you feel less alone?

🌿 Healing & Emotional Safety

What helps you feel emotionally safe with others?
How do you protect your peace in relationships?
What boundaries are important for your recovery?
How do you cope when old wounds resurface?
What helps you forgive yourself?
How do you practice self-compassion?
What does healing look like for you right now?
How do you handle fear in recovery?
What helps you release shame?
What makes you feel accepted?

🌼 Hope & Resilience

What gives you hope when things feel heavy?

How has your resilience grown through recovery?

What has recovery taught you about strength?

How do you encourage yourself on hard days?

What helps you believe in a better future?

How do you define courage today?

What keeps you going when you want to give up?

How has hope changed your life?

What dreams are you rebuilding in recovery?

What reminds you that healing is possible?

🌷 Relationships & Connection

How has recovery changed the way you relate to others?

What healthy relationships look like to you now?

How do you rebuild trust after it's been broken?

What role does honesty play in your healing?

How do you express your needs to others?

What does mutual support mean to you?

How do you handle conflict in recovery?

What helps you feel close to others?

How do you show care to the people in your life?

What relationship has helped you grow the most?

🌺 Giving & Receiving Support

How do you feel when someone truly listens to you?

What makes it easier to accept support?

How do you know when someone needs encouragement?

How has helping others helped your recovery?

What kind of support helps you the most?

How do you comfort yourself when no one is around?

What does being there for someone mean to you?

How do you ask for help when you're struggling?
What has been the most meaningful support you've received?
How do you practice gratitude for your support system?

🌻 Identity & Self-Worth

How has recovery changed how you see yourself?
What are you learning to love about yourself?
How do you rebuild confidence in recovery?
What does self-respect look like today?
How do you remind yourself that you are worthy?
What strengths have you discovered in yourself?
How has healing shaped your identity?
What does being authentic mean to you?
How do you honor your growth?
What makes you proud of who you are becoming?

🌹 Reflection & Moving Forward

What has been the most meaningful part of your recovery journey?
How do you stay present instead of worrying about the future?
What habits support your healing?
How do you celebrate progress?
What lessons do you carry with you from the past?
How do you define peace today?
What helps you stay connected to your purpose?
How do you handle setbacks with kindness?
What does freedom mean to you now?
What are you grateful for in recovery?

🌟 Closing & Inspiration

What would you tell someone just beginning recovery?
How has recovery changed your view of life?
What keeps you hopeful about tomorrow?
What message does your journey send to others?

How do you remind yourself you're not alone?
What does healing together mean to you?
How do you want to continue growing?
What brings you peace at the end of the day?
What does recovery give you that you didn't have before?
What are you most thankful for right now? 🌷

Written by Marcel Ray Duriez

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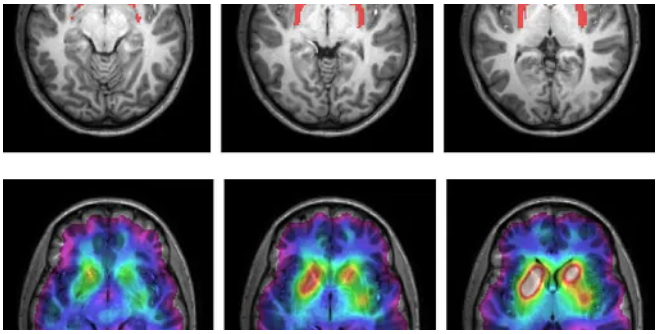

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Signs Someone is not who They Say They Are

1. They seem too polished or too curated

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